

# Freezer Veggie Breakfast Burritos with Egg White

10 SERVINGS 30 MINUTES



## INGREDIENTS

- 5 Garlic (cloves, minced)
- 1 cup Red Onion (large, diced)
- 2 Sweet Potato (large, peeled and diced into 1/2 inch cubes)
- 2 cups Mushrooms (diced)
- 2 cups Baby Spinach
- 1 tbsp Cumin
- 1 1/2 tsp Chili Powder
- 1/2 tsp Sea Salt
- 6 cups Egg Whites
- 1 tsp Curry Powder
- 10 Brown Rice Tortillas (11 inches)

## NUTRITION

### AMOUNT PER SERVING

Calories	265	Fiber	5g
Fat	3g	Sugar	6g
Saturated	0g	Protein	20g
Trans	0g	Cholesterol	0mg
Carbs	37g	Sodium	564mg

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line baking sheets with foil.
- 02 In a large bowl, combine garlic, red onion, sweet potato, spinach, mushrooms, cumin, chilli powder and salt. Toss well and then spread the veggies across the baking sheets in an even layer. Spray with 2-3 sprays of olive oil. Bake in the oven for 30 minutes or until cooked through, gently tossing at the halfway point.
- 03 Meanwhile, a large nonstick skillet over low-medium heat. Pour the the egg whites or egg substitute into the skillet, and continuously stir to scramble the eggs while they cook. Add tumeric/curry while cooking. Set aside.
- 04 Divide eggs and roasted veggies evenly between the tortillas and wrap into burritos.
- 05 Once cooled, wrap the burritos in foil and freeze in a freezer-safe bag. See notes for how to reheat

## NOTES

### REHEATING IN THE OVEN

Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

### REHEATING IN THE MICROWAVE

Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

### MAKE IT SPICY

Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

### SERVE IT WITH

Non-fat Greek yogurt, fat free sour cream, fat free feta cheese, tomatoes, and/or salsa.

**NO BROWN RICE TORTILLAS**

Use corn or whole wheat tortillas instead.